

Senior Lunch Social July Menu



SENIOR LUNCH SOCIAL
HEALTH & WELLNESS

RECREATIONAL ACTIVITIES
INTERGENERATIONAL GARDEN

Time: 12:00-1:00pm on Tuesdays, Wednesdays, Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12:15pm.

Eligibility: One free meal a week for age 60 and over, City of Austin residents. A \$5 fee for lunch applies for those not eligible.

Reserve your meal: Call or e-mail us at (512) 974-1700 or rani.arni@austintexas.gov 7 days in advance during business hours. *Vegetarian meals available by request.

Wednesdays are vegetarian meals only. We are limited to 40 seats for lunch.

First time participants: Please call 512-974-1700 to register for program.

<p>Tuesday, June 30</p> <p>Spinach Rice, Rotis, Mixed Vegetable Curry, Masoor Whole (Red Lentil Soup), Fruit</p>	<p>Wednesday, July 1</p> <p>Spinach Paneer Curry, Mixed Lentil Soup, Roti, Jeera Rice, Fruit</p>	<p>Thursday, July 2</p> <p>Vietnamese Tom-Yum Soup w/ Fish, Mixed Veggies, Steamed Rice, Fruit</p> <p>Veg. Entrée: Vegetarian Tom-Yum Soup</p>
<p>Tuesday, July 7</p> <p>Jicama Pork Meatballs Vermicelli Noodle Bowl, Salad, Fruit</p> <p>Veg. Entrée: Grilled Tofu Vermicelli Noodle Bowl</p>	<p>Wednesday, July 7</p> <p>Cabbage Masala, Yellow Lentil Soup, Roti, Veg Pulao, Fruit</p>	<p>Thursday, July 8</p> <p>Braised Herbal Chicken, Grilled Veggies, Steamed White Rice, Fruit</p> <p>Veg. Entrée: Braised Herbal Tofu</p>
<p>Tuesday, July 14</p> <p>Vietnamese Beef Ragu, Steamed Veggies, Steamed Rice, Fruit</p> <p>Veg. Entrée: Sesame Seitan & Mixed Veggies Stir Fry</p>	<p>Wednesday, July 15</p> <p>Peas Paneer Curry, Garbanzo Masala, Paratha, Rice, Fruit</p>	<p>Thursday, July 16</p> <p>Steamed Ginger Tilapia, Steamed White Rice, Sautéed Mixed Veggies, Fruit</p> <p>Veg. Entrée: Stir Fried Chick Peas w/ Mixed Veggies</p>
<p>Tuesday, July 21</p> <p>Chinese Braised Pork & Egg, Pickled Veggies, Steamed White Rice, Fruit</p> <p>Veg. Entrée: Braised Tofu & Eggplant</p>	<p>Wednesday, July 22</p> <p>Cauliflower Masala, Moong Bean Soup, Roti, Rice, Fruit</p>	<p>Thursday, July 23</p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Organic Spring Mix Salad, Fruit</p> <p>Veg. Entrée: Lemongrass Tofu Vermicelli Noodle Bowl</p>
<p>Tuesday, July 28</p> <p>Wintermelon w/ Pork Soup, Steamed Veggies, Brown Rice, Fruit</p> <p>Veg. Entrée: Wintermelon w/ Tofu</p>	<p>Wednesday, July 29</p> <p>Baby Okra Curry, Kala Chana, Roti, Rice, Fruit</p>	<p>Thursday, July 30</p> <p>Vietnamese Style Braised Fish, Mixed Pickled Veggies, Steamed White Rice, Fruit</p> <p>Veg. Entrée: Sesame Seitan & Mixed Veggies Stir Fry</p>

Schedule of Activities—July 2015

Recreational & Intergenerational Community Education

9am to 11:30am: Join us for free tea and coffee

9am to 2pm: Recreation Social—Come play games such as table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, hanafuda, Sudoku, caroom, brain games, Asian satellite channels, computer basics and help, etc. **Karaoke by request from 1-2pm when classroom 8 is available.**

Every Tuesday, Wednesday, Thursday

10am-12pm Computer help / 電腦幫助 / 컴퓨터 도우미 / giúp máy tính

<p>Tuesday, June 30</p> <ul style="list-style-type: none"> 	<p>Wednesday, July 1</p> <ul style="list-style-type: none"> 12:30-1:30pm ESL for Chinese Speakers w/ Mr. Yang 英文課 (Classroom 1) 	<p>Thursday, July 2</p> <ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
<p>Tuesday, July 7</p> <ul style="list-style-type: none"> 10:30am-11:30am Hula for Health w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers w/ Mr. Yang 英文課 (Classroom 1) 	<p>Wednesday, July 8</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Classroom 4) 	<p>Thursday, July 9</p> <ul style="list-style-type: none"> 9am-12pm Badminton / 羽毛球 / 배드민턴 / cầu lông 9:30am-11:30am Free Health Screening / 健康檢查 / 건강검진 / kiểm tra sức khỏe
<p>Tuesday, July 14</p> <ul style="list-style-type: none"> 10am-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8) 	<p>Wednesday, July 15</p> <ul style="list-style-type: none"> 1pm Composting Class by Austin Resource Recovery (Classroom 8) 	<p>Thursday, July 16</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
<p>Tuesday, July 21</p> <ul style="list-style-type: none"> 10:30am-11:30am Hula for Health w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom) 	<p>Wednesday, July 22</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Classroom 4) 	<p>Thursday, July 23</p> <ul style="list-style-type: none"> 9am-12pm Badminton / 羽毛球 / 배드민턴 / cầu lông 10am-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8)
<p>Tuesday, July 28</p>	<p>Wednesday, July 29</p> <ul style="list-style-type: none"> 10:30am-11:30am AFSSA Workshop 	<p>Thursday, July 30</p>

Transportation Schedule—July 2015

*Limited transportation available for seniors eligible and registered for Senior Lunch Social **once a week**.*

Please refer to our Senior Lunch & Transport Guidelines or call 512-974-1700 for more information.

Transportation participants must still follow guidelines for registering for Senior Lunch Social.

Route Schedule:

- Stops with less than 3 people for pickup are subject to cancellation.
- Route schedule may be subject to change due to demand and need.

Pick-Up & Drop-off:

- Pick-up time and reminders will be sent to participants 1-2 days prior by e-mail. Please call the AARC for pick-up time if you do not have e-mail access.
- Participants should bring their Parks & Recreation ID passes that list their stop to ride in AARC van. New passes are made upon registration and first visit to AARC.
- The AARC can only pick-up and drop-off at the same location.

Changing Pick-Up/Drop-Off Locations:

- Participants must notify AARC staff **7 days in advance** if they would like to change stops.
- Stop changes are limited to accessibility accommodations or changes of address.

A	Tuesday, June 30** Yaupon Mountain View Park	Wednesday, July 1 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, July 2 Trailhead Park Mellow Meadow Rockwood
B	Tuesday, July 7* Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, July 8 Yaupon Mountain View Park	Thursday, July 9 Trailhead Park Rockwood
A	Tuesday, July 14** Yaupon Mountain View Park	Wednesday, July 15 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, July 16 Trailhead Park Mellow Meadow Rockwood
B	Tuesday, July 21* Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, July 22 Yaupon Mountain View Park	Thursday, July 23 Trailhead Park Rockwood
A	Tuesday, July 28** Yaupon Mountain View Park	Wednesday, July 29 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, July 30 Trailhead Park Mellow Meadow Rockwood

Stops Available by Request: *Balcones Country Club, **Hunters Chase